

# BOR**NDARA**

## *Bicycle Users Group*

### Rides Supplement

#### **Camberwell Downhill Gourmet Bike Riders**

##### **MARCH RIDE - Southbank to Rickett's Point**

**HOSTED BY:** David and Geraldine Powell

**DATE:** 16<sup>th</sup> March 2008

**MEETING:** The first Walk Bridge at Southbank (south side of the Yarra River).

**TIME:** 10.15am for a 10.30 start.

**DISTANCE:** 30km

**DETAILS:** The above ride is a very easy one mainly because the terrain is flat and on concrete paths. The start of the ride will be along the bike track next to the tram line to Port Melbourne Beach. We will then be sharing the path with roller-bladers, joggers, prams, fast moving cyclists(!), dogs, children on wheels and their slow moving relatives, so with our "wits" about us and riding in the bike lane, proceed onward to Rickett's Point" This is a very pretty ride with many distractions (apart from the above) and view points along the way.

There are plenty of Public conveniences, about five kiosks as well as rest spots along the way but it would be wise to bring along your own snacks and drinks just in case they are not open.

The Kiosk at Rickett's Point does not take bookings, so we anticipate arriving around mid-day in the hope that not all the outdoor tables on the verandah are taken. If the day is unpleasant, we will just have to wait in the queue for an indoor table or pick a sheltered spot outside. The food is reasonably priced for eating in or taking away.

After lunch we will ride back to the Sandringham Railway Station to catch a train back into the City at around 3.00pm.

As this ride is out in the open it would be wise to prepare with wet-weather gear if it looks like rain and remember the slip slop slap cream if sunny. While on this point of the weather – Remember should the temperature be expected for 30c and above, the ride is cancelled.

It would be appreciated if you are coming/not coming on the ride to telephone David Powell and Geraldine on 9807 0114 or email to [Geraldine.Powell@macquarie.com](mailto:Geraldine.Powell@macquarie.com)

##### **Other Rides for 2008**

**April** 20<sup>th</sup> ?; **May** 18<sup>th</sup>, Graeme; **June** 15<sup>th</sup>, David & Geraldine; **July** 20<sup>th</sup> ?; **August** 17<sup>th</sup> ?; **September** 21<sup>st</sup> Val; **October** 19<sup>th</sup> Jack Simpson; **November** 16<sup>th</sup> David & Geraldine

##### **Dinners**

July 11<sup>th</sup>; November 21<sup>st</sup>

#### **Hawthorn Cycle Tours**

Hawthorn Cycle Tours (run by the Hawthorn Aquatic and Leisure Centre) has 10 bikes (and helmets) available. Or you can bring your own bike (and helmet) if you prefer. Rides are on Tuesday mornings from 9.30am - 11.00am. Child minding is available at the Creche. It is a social ride, with either a coffee stop out on the trail or on return to the centre (or both!). Distance travelled is usually between 15-20km, mostly flat riding with an occasional hill. Riders' ages vary from 20-70 years old. Contact: Hawthorn Aquatic and Leisure Centre, phone: 9815 0988, Website: <http://www.geocities.com/perften/Hct.html> or e-mail: [lexbishop@bikerider.com](mailto:lexbishop@bikerider.com)

## Ashburton Riders Club

ARC is an informal group of cyclists from (mostly), the Ashburton, Glen Iris and Camberwell area who ride for fun, fitness and good company. We seek to be inclusive of, and helpful to, all riders (male and female) and of differing fitness levels. We have approximately 70 cyclists on our email list.

We have a regular Sunday 7am ride to Black Rock for coffee. However, there are always more rides of shorter and longer distances and on other days. These alternative rides are organised by ARCers posting a notice on the [ARC Forum](#). We enter many of the main organised rides in Victoria such as Around the Bay, the Great Divide Ride and Amy's Ride.

You are welcome to join us for a ride.

### Schedule of rides:

Sunday (every week), 7am to Black Rock for coffee (44k)

Monday (every week) Hawthorn velodrome leaving from 8 Audrey Cr at 6.10am, return 7am

Tuesday (every week) Carnegie velodrome leaving 6 Rosedale Rd at 6.10am, return 7am

Other Rides will appear here if advised to ARCer1 via a [Forum](#) message prior to Wednesday 5:00 pm .

Rides start from Ashburton Railway Station car park, west/city side of the track unless otherwise stated.

Contacts: Tony Landsell' email: [tony@diacher.com](mailto:tony@diacher.com) or Justin Murphy, email: [murphij@au1.ibm.com](mailto:murphij@au1.ibm.com)

## Kew Neighbourhood Learning Centre Bike Riding Group

Get back into cycling. Explore the Yarra bike paths. Make sure you have checked your bike is in working order before you come. Rides are between 15km -25km. Let us know if you are coming.

Free - Second Wed of the month - 9.30am -12pm - 12 March , 9 April, 14 May, 11 June

Contact: Robin Kendrick, phone: 9853 3126

## Finbar Neighbourhood House Rides

We are now riding regularly on the third Sunday of the month. Meet at Finbar, 143 Kent Street, Richmond to ride at 10.30am. We try to stick to paths where possible and always include a stop for a cuppa and chat. ALL WELCOME.

Contact Deb in the office on 9428 7668 or 0403 028 200 on the day.

## Sassafras Ride

Every Sunday all year. Starts at *Bike Life*, 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30am to ensure departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

Distance under 70km from Hawthorn to Sassafras return (includes the 7km 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: Café Ripe, 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100; Melway Ref. Map 66 F9.

## Council on the Ageing (COTA) Cycling Group - Rides Program

Seniors Bike rides in 2008

- We ride 4 Wednesdays each month.
- The 1<sup>st</sup> and 3<sup>rd</sup> Wednesday rides are short (20- 30km) to encourage less experienced riders to join us and the route is chosen on the day. The 2<sup>nd</sup> and 4<sup>th</sup> Wednesday rides are more challenging, (50- 60km).
- We generally meet at **10am** at the 'Place to meet' (see below). A coffee stop is found midmorning! We take our own lunch and picnic together on the long rides. Riders are welcome to join the ride along the way or cut the ride short at any point.
- If the temperature is 30°C or above on the day, the long rides will be cut short.
- Please contact **Janet Bennett** by e-mail [janpeter@bigpond.net.au](mailto:janpeter@bigpond.net.au) or on **9853 9808** to discuss details.

All riders are requested to join Council on the Aging (COTA). We also recommend that riders consider joining Bicycle Victoria for the insurance and service they offer.

Abbreviations for the ride grades are -

easy # medium + hard ! hills ^

Date	Place to meet	Description	Grade
Mar 12 <sup>th</sup>	Yarra Boulevard, MEL 59 B1 (near St. Kevin's boathouse) or ride from Flinders St. station.	Ride the Capital City Trail circuit, with an extension down St. Georges Rd. and across Reservoir to Mt.Cooper and return via the Darebin Creek, ~50km.	#
Mar 19 <sup>th</sup>	As above	Short ride.	#
Mar 26 <sup>th</sup>	As above	We will ride the main Yarra trail, Merri Creek trail, the Western Ring path and return via Plenty river trail ~ 60km.	!
April 2 <sup>nd</sup>	Darebin Parklands, Parklands av., MEL 31 C9 or ride from Alphington station.(9.35 am Eltham train from Flinders St, arr. 9.50).	Short ride	#
April 9 <sup>th</sup>	As above	<i>Hawkstowe Park.</i> Up Darebin Ck Trail, through Bundoora Park, to Upper Darebin Ck Trail and Mill Park Lakes. Then Gordons Rd to Park for lunch. Short section on Plenty Rd to South Morang. Continue south through back streets to Ring Rd, Plenty R. and Yarra Trails back. ~60km	+
April 16 <sup>th</sup>	As above	Short ride	#
April 23 <sup>rd</sup>	Diamond Creek st. MEL 12 B5. (9.35 am Hurstbridge train from Flinders St, arr. 10.30).	We will return to the city via the Diamond Creek trail and the Main Yarra trail, with a possible extension around the Aqueduct reserve.~ 50km.	+
April 30 <sup>th</sup>	No ride		
May 7 <sup>th</sup>	Jell's Park, Shepherd Rd., MEL 71 J3, or ride from Glen Waverley stat., (9.35 am train from Flinders St arr. 9.50).	Short ride	#
May 14 <sup>th</sup>	As above	We will ride the Lower Dandenong Creek trail to Carrum and continue onto Frankston through the	+

		local parks and back roads to Frankston station ~ 50km.	
May 21 <sup>st</sup>	As above	Short ride	#
May 28 <sup>th</sup>	East Camberwell station Mel 46 A11. (9.30 am Blackburn train from Flinders St station arr. 9.49).	<i>6 Trails Circuit</i> . Anniversary (via E. Malvern station ~10.30), Gardiners Ck, Scotchman's Ck, Dandenong Ck, Somers, Koonung, Anniv. Trails back to E. Camb. Some street riding to link trails, and a few hills. ~55 km.	!^
June 4 <sup>th</sup>	Footbridge in Southbank, MEL 2F F7.	Short ride	#
June 11 <sup>th</sup>	Albion station, MEL 26 F10. (9.40 am Watergardens train from Flinders St station arr. 10.02).	Ride the bike path beside the Western Highway to the Western Ring Rd. trail. Ride along this trail and some local roads to Hoppers Crossing for lunch. Continue along Skeleton Creek to Altona and the Bay trail to Altona station ~ 50km.	+
June 18 <sup>th</sup>	Footbridge in Southbank, MEL 2F F7.	Short ride	#
June 25 <sup>th</sup>	Albion station, MEL 26 F10, (9.40 am Watergardens train from Flinders St station arr. 10.02).	Ride the bike path beside the Western Highway to the Western Ring Rd. trail. Ride along this trail to Brimbank Park for lunch and then return to the city via the Maribyrnong trail ~ 40km.	+^

**Darebin BUG** (<http://www.darebinbug.org.au>)

## Social Rides

Darebin BUG runs three weekday rides of distances approximating 40-60km on Tuesdays and 10-20km and up to 90km on Thursdays and a variety of rides of various lengths on weekends.

Information about upcoming rides can be seen on the [Darebin BUG Rides Calendar](#)

The **DBUG Rides Planning Committee** is looking for people who are interested in arranging and leading a ride, or in gaining leadership experience by co-leading a ride. Ride dates, suggestions and leaders should be coordinated through the Rides Coordinator. Please contact Doug on 9499 7325 / 0409 956 913 with your ideas.

Unless otherwise stated, our rides meet at **Jika Jika Community Centre**, corner Plant & Union Streets, Northcote near Westgarth train station.

For information about any of these rides, contact the Rides and Events Coordinator, Michael AH 9482 3276

Download the [Darebin BUG rides flyer](#), with details of these rides. (Word doc)

Please note all rides are free to anyone who would like to participate. After the third ride you take part in, we will invite you to join the BUG. Some rides need train tickets, these are to be bought by the participant. A first aid kit is carried on each ride and emergency contact numbers are taken prior to the start of the ride. Darebin BUG has public liability insurance - please note this **does not** cover you or your bike. If that is something you're concerned about then best become a member of Bicycle Victoria so you will be covered by their insurance. In the case of an emergency, ride leaders will call an ambulance if required. The ambulance will charge the injured person, not the BUG. This can be very expensive, so it is wise to consider taking out ambulance membership.

[Beginners Rides](#) - [Tuesday & Thursday rides](#) - [Saturday & Sunday rides](#) - [Weekend Rides](#) - [Around the Bay in a Day](#)  
[Ride Reports](#) - [Ride Photos](#)

### *Rides for Beginners*

## Thursday Rides

**Weekly** Thursday rides for those looking for short easy rides. Travel local bike paths around 10-20km. For more information, call 9481 8853.

## Mums (& Dads) on Bikes Rides

Kids in bike seats welcome! Kids in trailers welcome! Kids on training wheels welcome! Kids on tag-a-longs welcome! Kids on own bikes welcome!

Want to ride with your rides for fun, exercise and socialising? Join us on one of our easy rides to one of Melbourne's many child-friendly destinations. **Rides take place the first Sunday and the third Wednesday of every month.**

Meet at **Jika Jika Community Centre**, corner of Plant and Union Sts, Northcote, at 10am.

Contact Kathy on 0410 667 634

## Saturday Port Melbourne Rides

Weekly Saturday rides for those looking for longer easy rides - 9.30am. Ride from Fitzroy to Port Melbourne and back along bike paths, about 20km. Ride Leader: Norm 9354 9636

## Saturday Market Rides

**Monthly** Collingwood Children's Farm Market ride - Second Saturday of each month - 9:30am

Meeting Place: Jika Jika Community Centre

Ride Leader: Michael 9482 3276

Ride Distance: 12km

Ride Grading: Easy

Ride Route: Merri Creek path then Yarra River Path to Collingwood Children's Farm

Notes: Time to ride event

### *More Challenging Rides on Tuesdays & Thursdays*

Both are social rides largely on bike trails that conclude around 4 pm. Bring lunch & water.

#### **Tuesday Rides**

*For experienced riders.*

These rides leave from **Jika Jika Community Centre**, corner of Plant and Union sts, Northcote, at 9.45am. They vary in length from about 40 to 60 km.

#### **Thursday Rides**

*For experienced riders.*

These rides leave from **Jika Jika Community Centre**, corner of Plant and Union sts, Northcote, at 9.30am sharp. Rides can be up to 90km.

### *Saturday & Sunday Rides - Varying Distances & Locations*

#### **Saturday Morning ATB Training Rides**

*For experienced riders.*

Every Saturday, 2-3 hours riding, initially return trip to Mordialloc, then extending further closer to ATB. [Note: if it is raining, call Colin to check ride will take place].

Meet at **Jika Jika Community Centre**, corner of Plant and Union sts, Northcote, at 8am.

Contact Colin on 9489 9360.

#### **Sunday Morning Rides**

*For experienced riders.*

Every Sunday, 2-3 hours riding, various distances.

Meet at **Jika Jika Community Centre**, corner of Plant and Union sts, Northcote, at 8am.

Contact Yannick on 0438 785 450.

#### **Saturday & Sunday Social Rides**

*Some for beginners, others for experienced cyclists.*

Occasional Saturdays & Sundays- a diverse program, some rides local and others involving public transport. Contact the Rides Coordinator Michael on 9482 3276 for more information, or check the [Darebin BUG rides calendar](#).

#### *Weekend Rides*

Contact the Rides Coordinator Michael 9482 3276 for more information.

#### **Manningham BUG**

See <http://home.vicnet.net.au/~mannbug/rides.htm> for latest rides calendar. This had not been updated at the time of finalising this supplement.

#### **Mid Week Rides**

There are rides on most Wednesdays. Meet at 9:30am at Warrandyte (outside Pasta Mania) for a local ride every second week, alternating with a 10am meeting at a distant location for a longer ride.

Contact Don 9848-5803

		GRADE	CONTACT	MEET AT...
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Mon 17th	<b>BUG Monthly Meeting</b> at the Doncaster Pancake Parlour		Gary 9439-5016	8pm 550 Doncaster Rd
<b>Diary Notes:</b> <b>Melbourne Autumn Day (MAD) Tour</b> - Sunday 6 April: mad_ride@mbtc.org.au <b>Macedon Ranges MS Cycle Challenge</b> Sunday 4th May:				

## Whitehorse Cyclists Inc

Last updated 29 February 2008

**More cycling opportunities in our area:** Ron of Rotary Forest Hill leads an easy ride every Sunday at 8am: Contact Ron on 0413 042 043

Date	Day	Grade	Ride	Distance	Contact
Whitehorse Cyclists Inc acknowledge the support of the City of Whitehorse					
Read more about <a href="#">our Tuesday and Sunday rides</a>					
Thurs	6 Mar	Beaconsfield	65	Med	Bob H 0423 746 668
Read more about <a href="#">our Tuesday and Sunday rides</a>					
2-Mar	Sun	E/M	Anniversary trail	40	George C. 0413882165
4-Mar	Tue	Easy	Shopping for Nicks	30	Ken R. 9801 7157
4-Mar	Tue	Easy	Super Tuesday	40	Jacques F. 9497 2306
4-Mar	Tue	Hard	Silvan Res.	80	John C. 0438566977
6-Mar	Thur	Med	Beaconsfield	65	Bob H. 0423746668
9-Mar	Sun	M/H	South Side Sprint	40	Frank B. 0408996447
Tues	11 Mar	Club Night	Box Hill Community Arts Centre	Contact Bob Ballard Tel: 9801 2809	
11-Mar	Tue	M/H	Sunshine	80	Barry McC. 0417952418
11-Mar	Tue	Easy	Westerfolds Pk	30	Dale P. 94381647 or 0408531210
13-Mar	Thur	Med	Dandenong	60	Ken R. 9801 7157
16-Mar	Sun	E/M	O'Shannassy	25	Darby O'T. 9878 3589 0407533343
16-Mar	Sun	E/M	Anything Goes	40	anyone - maybe David
18-Mar	Tue	M/H	Stony Pt	80	John C. 0438566977
18-Mar	Tue	Easy	TBA	30	Bruce E. 9848 4804
20-Mar	Thur	M/H	Stony Ck	60	Jacques F. 9497 2306
23-Mar	Sun	E/M	Sassafrass	40	Alex V. 0408272695
25-Mar	Tue	E/M	Epping	75	Bob H. 0423746668
Read more about <a href="#">our Tuesday and Sunday rides</a>					
25-Mar	Tue	Easy	St Albans	35	Elsa T. 98490131
27-Mar	Thur	Med	Listerfield	60	Lindsay B. 98012809
30-Mar	Sun	E/M	City	40	Helga O. 98732961
1-Apr	Tue	M/H	Kalista	80	Bob B. 0412028068
1-Apr	Tue	Easy	Docklands	40	David M. 9885 7673
3-Apr	Thur	Med	Greensbourough Loop	60	Peter L. 9842 5193
6-Apr	Sun	E/M	Bayside	40	Mike McN. 0407509048
8-Apr	Tue	Easy	Boathouse Cafe	45	Loreto B 98081960
8-Apr	Tue	M/H	Werribee	100	John C 0438566977

Tues	11 Mar	Club Night	Box Hill Community Arts Centre	Contact Bob Ballard Tel: 9801 2809
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## Banyule Bicycle User Group—Rides Program

Rides start from Heidelberg Park (Melway ref 32 B4) except as otherwise indicated. **Visitors are welcome to just turn up.** Contacts can provide additional information if required.

- **EasyRide:** Every Tuesday and Friday **9.30am** – relaxed pace and informal, with break for coffee/snack/chat. Contact: Les B. 9435 0615
- **NightRide:** Every Thursday **8:00pm** from Rivergum Walk at Banyule Rd pedestrian traffic lights - 20 km on Koonung trails or Yarra Trail to Westerfolds Park. Lights required. Contact: Robert 9457 1980
- **Tuesday & Sunday 9.00am rides below.** BYO morning tea. Contact ride leader if further info required.

<mailto:banyulebug@yahoo.com.au> <http://www.vicnet.net.au/~banylbug>

### March 2008

<i>Date</i>	<i>Ride/Event</i>	<i>Description</i>	<i>Leader</i>
Sun 9	<i>Broadmeadows</i> 50 km.	Out and back to Roper Reserve by Ring Road.	Richard B/ 9459 8648
Tue 11	<i>Edwardes Lake</i> 37 km	Out by Darebin Creek Trail and Reservoir Streets. Return by Ring Road, Greensborough and Plenty River Trail (a few H1).	Laurel M/ 9499 2636
Sun 16	<i>Belgrave</i> 60 km	Ride to Box Hill station. Take train to Belgrave. Downhill ride to Ringwood and Dandenong Ck. Trail. Then streets and Koonung Trail.	Graeme W/ 9435 9687
Tue 18	<i>Catani Gardens</i> 55 km	Out to Port Melb and Beaconsfield Pde. Return by Fitzroy St, Albert Park, St Kilda Rd, Canning St & Capital City Trail.	Robert R/ 9439 1078
Sun 23	<i>Yarra Bend</i> 35 – 40 km	Streets west to Merri Ck (1 x H2). Down the Trail to break at Studley Park. Return by Boulevard (some H1) and Yarra Trail.	John G/ 9439 3884
Tue 25		Rider who suggests is leader, otherwise by agreement	
Sun 30		Rider who suggests is leader, otherwise by agreement	

## Melbourne Bicycle Touring Club



## Rides and Events Program: Feb 08 - April 08

<b>March 2008</b>			
Thu 6 Mar	China explorer: cities and the Silk Road		Lou
Sun 9 Mar	Boronia to Jells Park loop	35km easy	Glynn & Liz
long W/E 8-10 Mar	Euroa to Alexandra to Seymour	210km med-hard	Peter
Fri 8-Tue 12 Mar	Great Ocean Walk: Aire River to Port Campbell with 3 day option available	60km hard	Leon
Thu 13 Mar	Trip planning		John
Sat 15 Mar	Lara to Bacchus Marsh	75km medium	Frank
Sat 15 Mar	Learn to meditate course with Kadampa Buddhists	30km medium	Gail & Kerry
Sat 15 Mar	MAD Ride preview	110km hard	Claire
Sun 16 Mar	St Pats day ride Woodend to Wombat State Forest return. 90% unsealed	50kms medium	Tony
Thu 20 Mar	MAD ride		Graham
Easter 21-24 Mar	Traralgon-Woods Point-Jamieson	300km medium	Glenn
Thu 27 Mar	What's cooking? One pot meals for cycle touring		Lou
Sat 29 Mar	Wandong Wander via Seymour	110km hard	Jim
Sun 30 Mar	Nagambie wineries	50km easy-medium	Jon
<b>April 2008</b>			
Thu Apr 3	Central Asian explorer: Iran and the Silk Road through Central Asia		Lou
Sun Apr 6	MAD RIDE		
Thu Apr 10	Central Asian explorer: Iran and the Silk Road through Central Asia		Lou
Sun Apr 13	Cranbourne Botanic Gardens with Dave Cash as tour guide	15km easy	Kirsty
Sun Apr 20	Hastings to Bittern	50km medium	John

*For information on the above rides, please contact the Touring Secretary, John, on (03) 9387 4086, or at [rides@mbtc.org.au](mailto:rides@mbtc.org.au) . Please note that this e-mail address doesn't get checked every day - so don't expect an immediate response!*

### **About the Ride Gradings**

**Easy:** Relatively short distances and easy terrain, with no critical time factor. Suitable for the occasional cyclist.

**Medium:** Longer distances with varied terrain. Reliable gears, food, tools and wet weather clothing are advisable. Ability to maintain a reasonable speed to meet critical time factors is required.

**Hard:** Long distances and/or difficult terrain. Extensive experience in all aspects of cycling is mandatory. Riders must be able to maintain a good speed throughout the ride.

## **YHA**

YHA Cycling is made up of people who enjoy cycling in the suburbs and out in country Victoria with a sociable group of like-minded people, aged mainly between mid 20s and mid 40s. YHA Cycling is a recreational club, not a racing club, and we do a mixture of day and weekend rides. The group is based in Melbourne, Victoria, under the umbrella of the YHA Australia, and is one of a number of such local YHA activities groups.

YHA contacts: Ride Co-Ordinator Kathy on [rides@yhacycling.org.au](mailto:rides@yhacycling.org.au) or mobile 0425-792 574, or Secretary Voula on [secretary@yhacycling.org.au](mailto:secretary@yhacycling.org.au); website: <http://yhacycling.org.au>